

LUNCH
BUFFET
SAMPLE

TIME TO DINE.

MAINS

- Grilled mackerel fillets**
Roasted cajun cauliflower, lemon crème fraiche (GFI)
(212kcal/100g) 
- Turkey a la king** *Derbyshire turkey*
Simmered red peppers, leeks and seasonal vegetables
in a creamy sauce (GFI)
(188kcal/100g) 
- Butternut squash macaroni and cheese**
Vegan cheese, caramelised onions (VE)(DFI)
(212kcal/100g) 

SOUP

- Parsnip and apple**
(VE)(GFI)(DFI)(181kcal/100g) 
- Fresh breads** (VE)(DFI)
- Homemade croutons** (VE)(DFI)
- Variety of toppings**



We source most of our vegetables for all our dishes from farms in Worcestershire! Local and seasonal.

SIDES

- Rosemary roasted new potatoes**
(V)(GFI)(192kcal/100g) 
- Braised rice**
(VE)(DFI)(GFI)(299kcal/100g) 
- Green vegetables**
(VE)(GFI)(DFI)(33kcal/100g) 

LIGHTER
OPTION

- Jacket potato**
(VE)(DFI)(GFI)(103kcal/100g) 
- Baked beans**
(VE)(GFI)(DFI)(78kcal/100g) 
- Grated cheddar cheese**
(V)(GFI)(414kcal/100g) 

SALAD BAR

- Classic slaw**
(VE)(DFI)(GFI)(212kcal/100g) 
- Gnocchi salad**
Little gem, carrots, heritage tomatoes
(VE)(GFI)(DFI)(67kcal/100g) 
- Ranch potato salad**
Mediterranean vegetables, fresh parsley
(VE)(DFI)(GFI)(141kcal/100g) 
- Allotment board**
Tomatoes, cucumbers, baby gem, peppers
(VE)(DFI)(86kcal/100g) 
- Fusilli pasta salad**
Peas, vegan lemon mayo
(VE)(DFI)(202kcal/100g) 
- Salmon Caesar salad**
Baby gem, anchovies and croutons
(VE)(DFI)(202kcal/100g) 
- Variety of dressings and toppings to accompany the salads.**

- Samosas**
Mango chutney (V)(DFI)(308kcal/100g) 
- Charcuterie board**
Sliced meats and mustard (174kcal/100g) 
- Deviled eggs**
Paprika mayo (V)(GFI)(89kcal/100g) 

DESSERTS

- Chocolate mousse with banana**
Ethically sourced, Fairtrade chocolate
Crispy honeycomb (GFI)(VE)(339kcal/100g) 
- Orange marmalade sponge**
Vanilla custard (396kcal/100g) 
- Fresh fruit salad**
(VE)(DFI)(GFI) 
- Local cheese board**
Crackers, celery and grapes
(287kcal/100g) 



CARBON GUIDE

To help you make more sustainable choices from our menus, you'll find each dish rated by it's Carbon impact.

This guide shows the Carbon intensity per kilogram of product. Look out for our green clouds across our menus from 2024, to help you choose dishes that will contribute to reducing emissions from food in line with the UN's climate goals.

A	B	C	D	E
Very Low	Low	Medium	High	Very High
0-1.75 Kg CO2e	1.75-3 Kg CO2e	3-4.25 Kg CO2e	4.25-5.5 Kg CO2e	5.5+ Kg CO2e

YOUR ALLERGEN AND DIETARY GUIDE: V: Vegetarian | VE: Vegan | GFI: Made using gluten free ingredients | DFI: Dairy Free Ingredients | GFA: Gluten Free Available | DFA: Dairy Free Available

Our kitchen handles a range of allergenic products and ingredients. Although extreme care is taken to avoid allergen contamination, this cannot be guaranteed. If you wish to know more about the preparation processes, please ask a member of staff.

TIME TO DINE.

Conference  Aston

Hotel and
Conference Centre
Aston University

